

Go to **www.ArizonaSelfHelp.org** for a free, easy and confidential way to find out if you may qualify for benefits and programs, or call **1-800-352-8401** or **602-542-9935**

Arizona Self Help prescreens eligibility and provides information on programs such as:

Child and Family Resources

- Childcare Assistance
- Temporary Assistance for Needy Families (TANF)
- Head Start

Financial Benefits

- Federal Child Tax Credit
- Federal Hope Tax Credit
- Individual Development Accounts (IDA)
- Federal Child and Dependent Care Tax Credit
- Federal Earned Income Tax Credit
- Federal Lifetime Learning Tax Credit
- Second Chance Banking

Health Care

- Medicare Part D
- Arizona CopperRX Card
- Arizona Health Care Cost Containment System (AHCCCS)
- Medicare and Medicare Savings
- Pima Community Access Program

Jobs and Employment Directions

- One-Stop Career Center Services

Food and Nutrition

- Women, Infants, and Children (WIC)
- School Lunch
- Emergency Food
- Supplemental Nutrition Assistance Program (SNAP)

Clothing and Diaper Banks

- Diaper Banks
- Clothing Banks

Housing and Utilities

- Federal Housing Assistance
- Utility Discounts
- Low Income Home Energy Assistance (LIHEAP)
- Economy Pass Program
- Home Repairs

Senior and Disabled Services

- Arizona Long Term Care System (ALTCs)
- Senior Adult Independent Living (SAIL)
- Social Security Retirement
- Social Security Disability Programs



Arizona Community Action Association

Advocating, Educating and Partnering to Prevent and Alleviate Poverty

www.azcaa.org